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The title of the study: Well-being amongst model-serving pedagogues, a study on coping strategies, health behaviour and state of health

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Abstract

Among the biological, environmental factors and the health care system parameters which influence human health, it is of most importance to emphasize the role of lifestyle as the fourth influencing pillar of health. Throughout lifetime, the organism has to face positive and negative stressors, however, the quality of adaptation determines the consequence that stress evokes. Chronic stress might lead to morbidities that affect several organ systems, therefore the use of highly efficacious coping strategies is essential. Preventive lifestyle elements decrease the development of morbidities, and also possess the benefit of health care system expenditure reduction. Health maintenance habits are mostly evolved by early adulthood, and typically only modified by occurrence of serious illnesses (e.g. heart disease, cancer). By transmitting values and serving as models, pedagogues contribute to socialisation significantly. In my research, I aimed to investigate the extent of stress a pedagogue has to face as well as characterize their coping strategies. In 5 secondary schools 79 individuals were enrolled into the study using a personally asked or self-completed questionnaire. My results show that preventive health behaviour is not only accompanied by a higher level of general satisfaction and happiness, but also by a better subjective health status. Physically passive teachers reported lower rates of satisfaction and happiness. More than half of the respondents go in for sports regularly, and a majority aspires to keep a healthy diet. In terms of coping strategies, problem-focused methods are characteristic. It is a cause for concern that the incidence of morbidities was higher in the group of teachers reporting higher stress-levels.